

Claims: I claim:

1. A nutritional ultra-high fiber supplement comprising a mixture having three types of fiber, namely guar, oat, and psyllium, plus at least one flavoring agent.
2. The nutritional supplement according to claim 1 wherein said mixture contains 1-15 grams of guar, 1-15 grams of oat, and 0.5-10 grams of psyllium.
3. The nutritional supplement according to claim 1, further including one or more fibers from the group consisting of gums, grains, celluloses, hemicelluloses, lignins, mucilages, and fibers derived from a plant, fungi, and yeast.
4. The nutritional supplement according to claim 1, further including a liquid admixed with said mixture to provide a beverage and wherein the total fiber weight of said guar, oat, and psyllium fibers is at least 7 grams of fiber per 8-20 ounce serving of said beverage.
5. The composition according to claim 1 wherein said flavoring agent is selected from the group consisting of flavorants and sweeteners.
6. The composition according to claim 1, further including an ingredient that enhances visual and organoleptic appeal selected from the group consisting of coloring agents, preservatives, thickening agents, thinning agents, and emulsifiers.

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7. The composition according to claim 1, further including an antioxidant.
8. The composition according to claim 1, further including a tea.
9. The composition according to claim 1, further including an ingredient selected from the group consisting of vitamins, herbs, botanicals, minerals, electrolytes, and coenzymes.
10. The composition according to claim 1 further including a caloric ingredient selected from the group consisting of carbohydrates, fats, and proteins.
11. The nutritional supplement according to claim 1, wherein said mixture is formulated to provide a product selected from the group consisting of solids, liquids, powders, puddings, and snack bars.
12. The composition according to claim 1, further including an ingredient selected from the group consisting of carbohydrates, fats, proteins, electrolytes, vitamins, herbs, botanicals, minerals, antioxidants, coenzymes, lipotropic compounds, lipogenesis inhibitors, thermogenic compounds, coloring agents, preservatives, thickening agents, thinning agents, emulsifiers, teas, flavoring agents, oils, dried fruits, chromium, chitin, L-carnitine, pyruvate, (-)-hydroxycitric acid, whey, soy, and a stimulant so as to make a food item

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selected from the group consisting of snack bars and puddings.

13. A method of administering said nutritional supplement, whereby consumption enhances an individual's fiber intake, promotes weight loss, aids nutrition, reduces the risk of developing and aids in the management of diet-related diseases, reduces the risk of developing and aids in the treatment of cardiovascular diseases, improves serum cholesterol, lipoproteins, lipids, triglycerides, and homocysteine, reduces cardiovascular inflammation, lowers serum high sensitivity C-reactive protein, assists in limiting absorption of ingested toxins, carcinogens, and heavy metals, and speeds their transit out of the body, comprising administering an ultra-fiber supplement which contains guar, oat, psyllium, and at least one flavoring agent.
14. The method according to claim 13 wherein said mixture is formulated to provide a product selected from the group consisting of solids, liquids, powders, puddings, and snack bars.
15. The method according to claim 13 wherein said supplement further includes an ingredient selected from the group consisting of pyridoxine, folic acid, and any other vitamins, minerals, botanicals, herbs, coenzymes, antioxidants, and teas.
16. A method of serving at least seven grams of fiber to an individual, comprising: providing a comestible containing the following fibers: guar, oat, and psyllium, and a flavoring agent, serving said comestible in a form selected

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from the group consisting of solids, liquids, powders, puddings, and snack bars to said individual in two doses, each of said doses containing at least seven grams of said fibers.

17. The method according to claim 16 wherein said supplement further includes an ingredient selected from the group consisting of pyridoxine, folic acid and any other vitamins, minerals, botanicals, herbs, coenzymes, electrolytes, antioxidants, lipotropic compounds, lipogenesis inhibitors, thermogenic compounds, teas, carbohydrates, fats, proteins, coloring agents, preservatives, thickening agents, thinning agents, emulsifiers, flavoring agents, sweeteners, oils, electrolytes, dried fruits, chromium, chitin, pyruvate, (-)-hydroxycitric acid, L-carnitine, L-ornithine, L-tyrosine, L-tryptophan, L-phenylalanine, gamma-linolenic acid, chromium, glucose tolerance factor, vanadyl sulfate, Gymnema sylvestere, bromelain, pancreatin, papain, coenzyme Q10, curcumin, barberry, bearberry, silymarin, Teucrium polium, choline, inositol, human growth hormone, DHEA (dehydroepiandrosterone), caffeine, xanthines, kola nut, yerbamate, medium chain triglycerides, (-)-hydroxycitric acid (HCA), kelp, lecithin, dihydroxyacetone, pyruvate, creatine, iodine, niacin, bladderwrack, whey, soy, and a stimulant.

18. A method of reducing the risk of developing and aiding in the treatment of cardiovascular disease by improving serum cholesterol, lipoproteins, lipids, triglycerides, high-sensitivity C-reactive protein, and homocysteine

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19. The composition according to claim 18, further including an ingredient selected from the group consisting of pyridoxine, folic acid, and any other vitamins, minerals, botanicals, herbs, coenzymes, antioxidants, and teas.
20. The composition according to claim 18, wherein said mixture is formulated to provide a product selected from the group consisting of solids, liquids, powders, puddings, and snack bars.
21. A method of assisting in limiting ingested toxins, carcinogens, and heavy metals through reducing absorption and assimilation of toxins and speeding transit out of the body comprising administering an ultra-fiber supplement which contains guar, oat, psyllium, and at least one flavoring agent.
22. The composition according to claim 21, further including an ingredient selected from the group consisting of pyridoxine, folic acid, and any other vitamins, minerals, botanicals, herbs, coenzymes, antioxidants, and teas.
23. The composition according to claim 21, wherein said mixture is formulated to provide a product selected from the group consisting of solids, liquids, powders, puddings, and snack bars.